

VALLEY SPOKESMEN

Group Ride Schedule and Newsletter

*Come ride
with us!*

Valley Spokesmen Bicycle Touring Club P.O. Box 2630 • Dublin, CA 94568 • www.valleyspokesmen.org

PRESIDENT'S MESSAGE

For the month of March, I would like to encourage all Valley Spokesmen members to post their comments and pictures of rides to the club's Facebook page. It's a great way to share your cycling experiences with other club members and to share in the experiences of other club members. Joining the club Facebook group is easy. On the club's webpage, you just need to click on the link "Find us on Facebook". This will take you to the club's Facebook page and you can join the group by on the "Join Group" link in the upper right hand corner. While the page can be viewed by anyone, only members of the group can post to the page. Once your request to join the group has been approved, you will then be able to post pictures and comments to the page.

The magic of Facebook is that you can post a picture of something you see and everyone will be able to immediately see it. For example, Monday February 27th, we had snow on the summit of Mt. Diablo. If you didn't see it early in the morning, it was gone by mid day. Jane Moorhead took time out of the Monday Morning Conditioning Ride to post a picture of the mountain with snow on it and we were all able to see something that doesn't happen very often. Go to the club's Facebook page and check out her picture when you have a moment.

Next time you are on a ride and see something of interest, take a picture and post a comment to the club's Facebook page and share your thoughts with the group.

Safe Riding!

Steve

TOURING RIDE RATINGS

All rides are rated according to predicted difficulty.

TERRAIN:

- 1) Generally flat with a few easy grades, suitable for beginners and casual riders.
- 2) Mostly easy grades with a few rolling hills, a challenge for beginners.
- 3) Moderate grades, some challenge for the average rider.
- 4) Steep grades with some relief.
- 5) Mostly steep grades, for strong riders.

PACE:

- ND) No Drop - this means that the group will do its best not to lose any rider. No Drop is at the leader's discretion. Out of consideration to the other riders, check with the ride leader to determine whether you should ride on a particular ride.
- L) Leisurely, many regroupings.
- M) Moderate, occasional regroupings.
- B) Brisk, few stops.
- S) Steady, strenuous, rapid pace.

The speeds of the following ratings can be estimated by the following:

On the flattest 20-mile route (San Ramon Valley Blvd. e.g.), the average speed would be approximately:

L=12 mph M=16 mph B=19 mph S=22 mph-plus.

It is each rider's responsibility to assess his or her own riding ability and fitness level and compare it to the ride rating before attempting a ride. If in doubt as to which level ride you should try, it would be best to start at the lower level and ride at that level until you feel comfortable moving on to the next level. Although there are periodic regroupings and most hosts do their best to keep the group together, the only rides that are no-drop are the ones specifically stated ND.

Rides listed as "Beginner Friendly" will often be ridden by our most experienced riders, who just prefer to ride at a more leisurely pace. They will assist newer riders if requested. There will be slower-paced riders on these rides and will sometimes be listed as ND. Rides may be listed as Beginner Friendly if the route is an out-and-back and can be done at your own pace with your own turn-around point. Calaveras would be a good example of this. If in doubt, contact the ride host to get detailed information about a specific ride.

Rides listed as "Advanced Rides" are at a fast pace where riders will work together in a pace-line with minimal / no regroupings. Not recommended for new riders.

All riders are welcome to show up for any ride scheduled, as long as you are prepared for possibly riding the route alone if it is above your level. Route slips are distributed at the start of a ride unless it is listed as a Show-n-Go, in which case the group will decide the route and no route slips are used.

It is our goal to provide as many varied rides as possible and to help guide our members and guests to the rides best suited to their riding preference / experience.

MOUNTAIN BIKE RIDE RATINGS

All rides graded according to predicted difficulty as follows:

- 1) EASY: Mostly flat with few hills.
- 2) EASY/MODERATE: Increasing hills but mostly flat; of short distance.
- 3) MODERATE: Generally hilly terrain with some rough terrain & occasional obstacles.
- 4) STRENUOUS: Long, steep ascents and descents & very rough terrain.

5) MOST STRENUOUS (GONZO): Better have a few espressos before saddling up - ridiculously long, steep climbs & drops; lots of obstacles. Always bring adequate water and food.

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HELMETS ARE REQUIRED ON ALL VALLEY SPOKESMEN RIDES!!

No headphones or ear buds (except hearing aids) of any type are permitted on Valley Spokesmen rides. No cell phone use while actively riding.

ATTENTION: All riders must sign a liability waiver form, which is on the ride sign-in sheet, from the ride leader. **WEATHER:** If there is a chance of rain, snow, sleet, hail or extreme temperatures on the day of the ride, the ride status will be posted to the VS e-mail list. Or contact the ride host before the ride for an update. For Mountain Bike Rides, rain 48 hours prior to the ride cancels.

DURATION OF RIDES: If you wish to know the approximate length of time for any of the following rides listed - including rest stops, lunch stops, sightseeing, etc., - please e-mail or call the ride host.

CAR POOLING: Carpooling is strongly encouraged, particularly on the out-of-town rides. Carpools are often posted to the VS e-mail list or post one yourself.

SAFETY: Bikes and cars have equal rights!!! Remember to use courtesy toward other users of the roadway and pay attention to ALL Vehicle Codes. Bicycle rider courtesy to motorists results in motorist courtesy to bicycle riders.

CODE OF CONDUCT: All Valley Spokesmen members are expected to interact with one another with respect. The use of inappropriate behavior and/or language may result in suspension leading up to expulsion from the Valley Spokesmen club. Determination of disciplinary action will be decided by the Executive Board. If you stop to take a cell phone call the group is not obligated to wait.

VERY IMPORTANT: ALL RIDES LEAVE AT THE SCHEDULED TIME INDICATED. PLAN TO MEET 15 TO 30 MINUTES BEFORE THAT TIME!

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Note: Ride changes, cancellations and additional rides are posted to the VS e-mail list and the web site ride calendar www.valleyspokesmen.org/ridecalendar

Be informed: current VS members can register for the VS e-mail list:

<http://www.valleyspokesmen.org/Sys/vs-list>

March 2017

STANDING RIDE OVERVIEW:

MONDAY and WEDNESDAY morning ride from Heather Farms leave at 9:00 a.m.
 MONDAY and THURSDAY conditioning rides from Dublin (Livermore Cyclery) leave at 9:30 a.m.
 ODD FRIDAY morning ride from Central Park (San Ramon) at 10:00 a.m. Beginner Friendly.

WED. 3/1/17 9:00 a.m. 2-L/M 25-45 miles 9:00 a.m. Wendy Cosin will lead a group from Heather Farm every Mon. and Wed. morning. Monday rides will be shorter (25-35 miles) and more leisurely paced. Wednesday rides will be about 35-45 miles at a moderate pace. There will be a coffee or lunch stop on all rides. Meet at Heather Farm Park in Walnut Creek. Take I-680 to Ygnacio exit and go east; turn left at San Carlos Road into Heather Farm and park in the lot by the ball fields on the right. The route will be available at: <http://ridewithgps.com/users/74695/routes> at least 48 hours before the ride. Be sure to check for the ride listed with the correct date. Ride Host: Wendy Cosin, 510-813-7061

WED. 3/1/17 7:00 p.m. Valley Spokesmen Quarterly Membership Meeting. Round Table Pizza, 7910 Amador Valley Blvd., Dublin. All welcome! Entertainment provided.

THURS. 3/2/17 9:30 a.m. 2-M 20-25 miles 9:30 a.m. Monday and Thursday morning conditioning ride starting at Livermore Cyclery in Dublin (in shopping center at the SW corner of San Ramon Rd. and Amador Valley Blvd.). Route will be determined by the participants. This is a good ride for someone getting back to riding after a lay off for any reason. Be sure to let me know so I can tailor the ride otherwise you should expect a 14-18 mph pace. This is a social ride involving a Peet's Coffee stop. Ride Host: Bob Heady 925-980-7989

FRI. 3/3/17 2 L/M 25-35 miles 10:00 a.m. This Odd FriDay series of rides will start at Central Park and be geared toward the riders who show. Central Park is located at the intersection of Bollinger and Alcosta Blvd., across from the Library. ALL riders are welcomed! We generally do a coffee shop stop near the end of the ride. (Beginner Friendly) If you are not on the vlist, please contact the ride host to confirm start time in case of "beat the heat" or other changes. Ride Host: Gail Blanco, gvblanco@aol.com, 925-872-1001.

SAT. 3/4/17 4M/B 56 miles 9:00 a.m. Diablo Vista to Three Bears Loop. Start Diablo Vista Ranch Park (north lot). Danville/3 Bears loop starting from Diablo Vista Park in Danville. We will travel to Bear Creek Rd via Alhambra Valley, loop around to Orinda and return on the Blvd and Sycamore Rd. We will stop at Starbucks in Orinda on the return at mile 36. This ride has over 4,000 feet of climbing. Take I-680 and exit on Crow Canyon Road east to Danville. Diablo Vista park is located about 3 miles on Crow Canyon Rd and Tassajara Ranch Road, then turn right into the parking lot. Bring plenty of water and food or money to buy during out stops. Please check the VS website calendar for updates prior to the ride. Please note this is an Advanced Ride.
 PDF: <http://www.valleyspokesmen.org/resources/Documents/DiabloVista3Bears.pdf>
 Route: <http://ridewithgps.com/routes/9883844>
 Ride Host: Brahim Satoutah 925-963-7024

SAT. 3/4/17 48.3 miles 9:00 a.m. Feather Pedals Conditioning Ride. Cross & Collier Canyon. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd.. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.
<https://ridewithgps.com/routes/11349395>
 Ride Host: Karin Ball 408-406-2286

SUN. 3/5/17 4 M/B 70.4 Miles 6922' Hamilton - San Jose to Livermore (One Way) Starting from Kathy Koos home in Livermore, this will be a one way ride up and over Mt. Hamilton, carpools will need to be organized beforehand. Please call Kathy prior to the ride for coordination details. Address will be provided to individuals by the ride host. Suggested rest stops: TBD. Ride Host Kathy Koos (925) 963-8506 <https://ridewithgps.com/routes/17939901>

MON. 3/6/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

MON. 3/6/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

WED. 3/8/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

WED. 3/8/17 7:00 p.m. VS Executive Board Meeting. 6640 Spruce Lane, Dublin.

THURS. 3/9/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

SAT. 3/11/17 4M 51 miles 9:00 a.m. Calaveras Wall with option to Sierra Rd. via Felter. Start at old Crank 2 parking lot at Junipero St. & Sunol Blvd. Club ride from Crank-2 bike shop in Pleasanton to Calaveras Rd, then option to Sierra Rd Summit via Felter and back to Calaveras. Options for less miles and elevation gain. Return at top of Calaveras.
 PDF: http://www.valleyspokesmen.org/resources/Pictures/Pleasanton_Calaveras_Sierra_Rd_via_Felter.pdf
 ROUTE: <https://ridewithgps.com/routes/13110247>
 Ride Host: Brahim Satoutah 925-963-7024

SAT. 3/11/17 2-L/M 50.5 miles 9:00 a.m. Feather Pedal Conditioning Ride. Calaveras and Tuscany. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge. See VS website for more details. <https://ridewithgps.com/routes/11556111>
 Ride Host: Kathy Kane 925-323-5611

SUN. 3/12/17 2.5 M 52 Miles San Ramon Central Park to East Livermore. To Vasco Starbucks then continues out with an option for Flynn Rds or Cross Rds and return via Pleasanton. You have the option to ride the long loop or cut the ride shorter by returning via Greenville & back to Pleasanton after our rest stop at Vasco Rd. Probability of Rain cancels the ride. Check here for cancellation notice. Please print your own cue sheet and

review the route prior to the ride. Ride Host: Gail Blanco & Alberto Lanzas 925-872-1001

Cue Sheet: [SRCP Livermore 52 Mile Loop.pdf](#)

Route: <https://ridewithgps.com/routes/13110282>

MON. 3/13/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

MON. 3/13/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

WED. 3/15/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

THURS. 3/16/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

FRI. 3/17/17 10:00 a.m. Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

SAT. 3/18/17 2L/M 55.3 miles 9:00 a.m. Feather Pedals Conditioning Ride. Mines, Cross, & Collier Canyon. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd.. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.
<https://ridewithgps.com/routes/11211229>
Ride Host: Chris Pham 925-997-6674

SAT. 3/18/17 4-M/B 50 miles 9:30 a.m. 4,075' Half Moon Bay, Pescadero, Lobitos. Start: Half Moon Bay Fire Station corner of Hwy 1 and Main Street. Parking is usually available on Main Street. Stop in Pescadero (mile 20), either at the Downtown Local Coffee or The Country Bakery. 2nd stop at The Bike Hut self serve cafe (mile 31) on lower Tunitas Creek Road. Lunch at San Benito Deli in downtown HMB after the ride. Photos of the route can be seen at: [HMB Preview https://ridewithgps.com/routes/16658029](https://ridewithgps.com/routes/16658029)
Ride Host: Rob DeFosse (925) 522-6270
robfosse@yahoo.com

MON. 3/20/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

MON. 3/20/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

WED. 3/22/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

THURS. 3/23/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

SAT. 3/25/17 2L/M 57.5 miles 9:00 a.m. Feather Pedals Conditioning Ride. Calaveras, Kilcare, Tuscany, Cross. Start East Dublin/Pleasanton BART Station, Owens Dr. @ Willow Rd. Join our rides which become progressively more difficult each week culminating in the Cinderella Classic ride on April 8, 2017. Each week for 12 weeks the group rides further and/or gains more elevation. The rides prepare novices for the Cinderella Classic & Challenge.
<https://ridewithgps.com/routes/11706997>
Ride Host: Rebecca Wood 925-577-3842

SAT. 3/25/17 2L/M-M/B 123 miles 8:00 a.m. Livermore to Oakdale out and back. Leaving from Starbucks on North Vasco Rd. This is part of Wes and Emma's Davis Double Training. This will be a drop ride, so please find a riding buddy. Possible lunch stop in Oakdale, plenty of options.
<https://ridewithgps.com/routes/18881704>
Ride Host: Wes Eacret weacret@comcast.net
925-872-8436

SUN. 3/26/17 4 M/B Kilcare, Calaveras, Palomares
Details TBD Ride Host: Kathy Koos

MON. 3/27/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

MON. 3/27/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

WED. 3/29/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

THURS. 3/30/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

FRI. 3/31/17 10:00 a.m. Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

SAT. 4/1/17 4 L/M-M up to 92 miles 8:00 a.m. Mines road with the backside of Mt Hamilton out and back. Start: Old Nob Hill Shopping Center at South Livermore & Pacific Avenues. Do it all, or just do some of it. Water and limited food avail. only at the Observatory. Part of Wes and Emma's Davis Double training series.
<https://ridewithgps.com/routes/18881149>
Emma Olenberger live2map@yahoo.com 707-479-2549

SAT. 4/1/17 2L/M ~25 miles 10:00 a.m. Feather Pedals Graduation Ride. Celebrate your achievement and another great conditioning season with fellow Feather Pedalers. Place TBD.

MON. 4/3/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

MON. 4/3/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

WED. 4/5/17 9:00 a.m. See Heather Farm Standing Ride details on WED. 3/1/17.

THURS. 4/6/17 9:30 a.m. See Mon./Thurs. Morning Standing Ride details on THURS. 3/2/17.

FRI. 4/7/17 10:00 a.m. Odd FRIday Ride. See Odd FRI ride details on FRI. 3/3/17.

SAT. 4/8/17 41st Cinderella Classic & Challenge!

PLEASE NOTE --- HERE ARE RIDE OPPORTUNITIES AND CLINICS IN ADDITION TO OUR REGULAR SCHEDULE

DAILY LUNCHTIME TRAINING RIDES: Join members of the Valley Spokesmen Racing Team and Lawrence Livermore Cyclotrons for daily training rides. Rides are 20-25 miles at a fast/brisk pace. Meet at 11:30 a.m., Monday through Friday, at the Lawrence Livermore National Laboratory Visitors

Center on Greenville Road. NOTE: The group tends to split into fast and slow packs, so there is an option for a less vigorous pace. (Take I-580 to Greenville Road exit, go south on Greenville for about 3 miles, parking lot for the Visitors Center is on the right, look for the flagpoles). For ride/course descriptions, contact Rocco Hollaway at 925-422-9701: hollaway1@lnl.gov

EVERY SUNDAY MORNING 3-B (hilly route and brisk pace) 35 miles (56 km) 8:00 a.m. Join the VS Race Team for a 3-B 35-mile ride with 2-B option (a little less hilly). We'll ride from the Bankhead Theater (North First St. @ S. Livermore) up Tesla, Cross Rd., Patterson Pass, South Flynn Rd. (or you can skip the Flynn climb and take Greenville), Altamont Pass Rd., residential streets to Dalton out to N. Livermore, Manning, Collier Canyon, Portola, and back to Livermore. Ride Leaders will vary. Contact Don Williams at 925-580-9395.

EVERY 1st SATURDAY MORNING each month. 4-S 45-60 miles (72-90 km) 9:00 a.m. Join the Wheels of Thunder and Valley Spokesmen Racing Team on a joint training ride. The ride starts in downtown Pleasanton from the parking lot on Neal Street between Main and First Streets (across from the drive-through milk store). The pace varies with re-grouping at the top of most long climbs. Most routes have turn-around points for those wanting shorter versions of the ride. All riders are welcome, but be warned that these are not entry-level rides. Each ride is a "no-drop" ride on rolling terrain that is close to 18 mph and is a good place for fit new riders to start. For information call Bob Fusco at 925-899-4027.

RIDE REVIEWS

Feb 4: Hi FP, Today, Mother Nature delivered a bit of a confusing weather day. We had a go, no go, then a go decision which may have confused some riders. Apologies. We do our best to make timely decisions to keep our riders riding but with safety as a first priority. We have 38 total riders; 39 VS and 9 non-VS. Thank you for joining VS to show your support of a great cycle club! Many thanks to Coach Meredith for helping to keep us safe with skills training. She goes out of her way to provide a very valuable 15 minutes of education about riding safety. And, welcome back Sweep Charles and thank you to our SAG, Dean, and core volunteer host team - Rebecca Wood, Kathy Kane, and Chris Pham - and everyone else who jumps in to help.

Below is a recap of Meredith's skills session.

SKILLS SESSION #2 2/4/17 BASICS OF *GROUP* RIDING ETIQUETTE

-Be predictable! Ride in a straight line (practice by riding on a painted strip on the road or in a parking lot), and speed up and slow down gradually.

-Use the bike lanes whenever possible and stay as far to the right hand side of the road as you can. If there is one, stay on the right side of the white fog line.

-When you are at the front of a group, you have an added responsibility for the safety of the riders behind you. Call out 'slowing' and 'stopping' if you know other riders are close behind you. Call out 'glass', 'pothole' or other obstacles that you might not want to ride over. Call out 'car up' if an approaching car might turn in front of you or it looks like it will

somehow interfere with your line of travel. Call out 'car back' if you are the last rider in a group so riders in front of you can move farther over to the right and be alerted that a car might be passing them.

-Keep your head and eyes up and looking forward as far as you can to help anticipate changes in terrain, stoplights or signs, oncoming cars turning in front of you etc. if you need to look down to grab your water bottle or look at your computer, check that the road is relatively clear in front of you, glance down quickly to do your task, and then continue your heads up riding.

GROUP riding means you are riding within 10 or so bike lengths of other riders. The closer you are together, the more important communication between riders is. You don't need to be shouting 'glass' or 'slowing' if there are no others near by! Take a quick glance over your shoulder every once in a while to see if anyone is behind you.

EMERGENCY BRAKING

-Because your center of gravity shifts forward when you are stopping or slowing quickly, there is more weight on your front wheel. This makes your front brake (left hand) more effective at stopping your bike. So use a little more pressure on that brake than on the rear (maybe 60% vs 40%). You can also help counteract the shift of weight by scooting your butt back in the saddle (so it is hanging off the back a little) AND lowering your torso. It's easier to do both of these things if your feet are parallel (NOT one up and one down). Practice stopping quickly by riding at a brisk pace up to a marked point (stop sign, mailbox) and stopping right on that point. Don't cheat and brake before that spot, but pretend that something has suddenly blocked your path and you need to stop on a dime to avoid collision. First practice at a slower speed to feel how much pressure you need to use on the levers, and then go a little faster when you begin to feel like you can stop quickly and safely.

Feb 5: Hello Valley Spokesmen,
2016 - What a Great Year it's Been!
Mount Diablo Cyclists and Valley Spokesmen worked together in 2016 to make significant safety improvements for cyclists and motorists on Mount Diablo. Accomplishments include: Completed Traffic Engineering Survey of North Gate, South Gate, and Summit Roads per CalTrans standard; Implemented Roadway Striping & Signage Plan as indicated by Survey, according to CalTrans standards; Installed DO NOT PASS BIKES ON BLIND CURVES signs, AVOID CRASH SLOW DOW signs and applied sharrows; Mt. Diablo Facebook page has over 590 followers; Installed bike turnout at Curry Point; Eagle Scout Project bike repair box at Junction and cyclist donated bike rack at summit; Implemented Verbal Motorists Safety Advisory to all drivers entering MDSP at North and South Gate Kiosks; Formed Cyclist Volunteer Pot Hole Repair team to repair roads and trim vegetation; Celebrated these accomplishments with an official ceremony on October 7, 2016 recognizing State Park officials, local legislators, and Mount Diablo Cyclists.

Special Thanks to all Valley Spokesmen members for your support! Especially Steve Whelan, Jim Duncan, Kathy Koos and the entire VS leadership team! We are looking forward to working with everyone to implement the 2017 Projects including: Install bike turnouts at Livermore Overlook (Summit Road) and location(s) on North Gate Road; Install 10 more bike turnouts; Install bike repair boxes (Eagle Scout Projects)

at Summit, South Gate Kiosk and 1 mountain bike (MTB) location; volunteer participation days pot hole repair, trim vegetation and road sweeping; Conduct visitor surveys motorists and cyclists; Assist park staff to count all cyclists road & MTB entering MDSP; Assist Park Staff to repair Summit bathrooms/water fountain and lower parking lot water fountain; Continue to reduce collisions (25-30 per year prior to 2016 – 6 in 2016 and the goal of zero going forward).

Best Regards,

Al (Kalin)

Feb 12: Hi FP, Thank you for joining us yesterday for a beautiful day of riding. We had 81 total riders; 67 VS and 14 non-VS. Thank you for joining VS to show your support for a great cycle club!

A shout out to Coach Meredith for our 3rd skill training on shifting/ cadence. Please contact coach Meredith for any individual training needs and please thank her for volunteering her time to teach our group how to ride efficiently and safely. For those who are interested, Coach Meredith also run a 5 hours long Bike skills training. She does not have one scheduled but will if there is enough interest. For more information, contact Meredith at mer@merhal.com.

Have a wonderful week!!

Chris

FP, From Coach Mederith: Skills Session Reminder / Recap

CADENCE

-Everyone has a 'self-selected' cadence...the revolutions per minute (rpm) that feel most natural when riding on flat road.

-Most efficient is about 80-100 on flat road, dropping down to about 60 when you are climbing.

-'Spinning' (easy gear, pedaling fast) can raise your heart rate but will also mean less fatigue over time. 'Mashing' (lower gear, pedaling more slowly) can sometimes feel more efficient but also can mean that your legs will be more tired.

-Pedal with purpose! Keep steady pressure on the pedals with minimal coasting except when you are going downhill.

SHIFTING

-You paid for as many as 30 different gear choices, so USE THEM to your advantage!

-Shift before you think you need to. Be aware of changing terrain and shift into a easier gear when are are approaching a hill, and a harder gear when the road flattens out or goes downhill.

-RIGHT REAR...your right shifter moves the chain on your rear cog for more subtle changes. Your left shifter moves the chain between the chain rings (2 or 3) for more bigger changes.

-The closer the chain is to the frame of your bike, the EASIER it will be to pedal.

-Try to avoid 'cross-chaining' (when the chain is in big ring/big cog or small ring/small cog) as it puts more torque on your drive train and makes for noisy shifting!

Meredith Nielsen
USAC Level 2 Coach

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#### UPCOMING CYCLING EVENTS

March

- 4 Kings River Blossom Ride, Reedley, CA
- 11 Solvang Century & ½ Century, Solvang, CA
- 12 Senorita Century Women's Bike Ride, San Marcos, CA
- 18 Solvang Double Century, Solvang, CA
- 25 Bike MS: Coastal Challenge, Pasadena, CA

April

- 1 Tierra Bella Bicycle Tour, Gilroy, CA
- 1 Pardee Party Bike Ride, Ione, CA
- 1 California Classic Century Ride, Fresno, CA
- 8 Cinderella Classic & Challenge, Dublin, CA

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#### UPCOMING VALLEY SPOKESMEN CYCLING EVENTS

##### VALLEY SPOKESMEN BICYCLE SWAP MEET

**Sunday, April 9, 2017** 1:00 – 3:00 p.m.

Wells Middle School – Multi-purpose Room

6800 Penn Drive, Dublin, CA 94568

Join us as you SWAP – Sell – or just plain Look Contact:

Bob or Bonnie Powers (925) 828-5299

FREE!! FREE!! FREE!! FREE!! FREE!! FREE!!

**PASO ROBLES 2017** – from Wednesday, May 24<sup>th</sup> to Friday, May 26<sup>th</sup> riding from Sunol to Paso Robles for the Great Western Bicycle Rally. Two nights of lodging - in Hollister and King City. The total cost of the trip is anticipated to be \$250.00 or less. This includes lodging, truck rental, two lunches, snacks, drinks, etc. (community food). SAG will be provided, any volunteers? Unlimited number of riders. If interested, please sign up with a \$200.00 deposit (made payable to Valley Spokesmen). For additional information, contact Bonnie Powers at 925-828-5299 or [b-powers@att.net](mailto:bpowers@att.net).

**NEW ENGLAND HERE WE COME:** Come join us for a tour from Boston, MA through New Hampshire and onto Nova Scotia, New Brunswick then back to Maine before returning to Boston. The trip will run from July 13<sup>th</sup> until August 2<sup>rd</sup>. Note slight change in date. The estimated cost (based upon 20 riders) will be \$2800.00. This will cover all hotels, rental vehicles/insurance/gasoline, two ferry crossings for vehicles/people/bikes and incidentals. A deposit of \$200.00 will hold your spot, made payable to Bonnie Powers. Any questions, you may call me at 925-828-5299 – home; or 925-200-5299 – cell. Bonnie

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#### VALLEY SPOKESMEN AFFILIATIONS

Adventure Cycling – [www.adventurecycling.org](http://www.adventurecycling.org)

Bay Area Ridge Trail Council – [www.ridgetrail.org](http://www.ridgetrail.org)

Bike East Bay – [www.bikeeastbay.org](http://www.bikeeastbay.org) (formerly EBBC)

Bicycle Trail Council of the East Bay - [www.btceb.org/](http://www.btceb.org/)

C.B.C. - California Bicycle Coalition - [www.calbike.org](http://www.calbike.org)

California State Parks Foundation - [www.parks.ca.gov](http://www.parks.ca.gov)

East Bay Regional Parks - [www.ebparks.org](http://www.ebparks.org)  
 Greenbelt Alliance – [www.greenbelt.org](http://www.greenbelt.org)  
 L.A.B. - League of American Bicyclists - [www.bikeleague.org](http://www.bikeleague.org)  
 National Parks Conservation Association - [www.npca.org](http://www.npca.org)  
 Nature Conservancy – [www.nature.org/](http://www.nature.org/)  
 Planning and Conservation League - [www.pcl.org](http://www.pcl.org)  
 Rails to Trails – [www.railstotrails.org](http://www.railstotrails.org)  
 Yosemite Conservancy

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### VALLEY SPOKESMAN EXECUTIVE BOARD MEETING

February 8, 2017

7:00pm – 6640 Spruce Ln., Dublin, CA

**Present:** Bonnie Powers, Ken Hernandez, Rebecca Wood, Jim Duncan, Steve Whelan, Don Carpenter, Kathy Koos, Rob Delfosse, Gail Blanco

**Absent:** None

Meeting called to order by President Steve Whelan at 6:55 p.m.

Treasurer Don Carpenter reported on the balances of the checking and savings accounts. He provided a status update on the 2016 tax return with a target date of filing by April 15, 2017.

#### Old Business:

- A. Ride Report – Gail and her team have been brainstorming ways to get more rides posted to the calendar. They are considering promoting monthly birthday rides for members. Most posted rides will also have registration available so that members can see who else may be riding the route. Jim and Gail both suggested that ride hosts should be riding the routes at the rating provided on the calendar.
- B. V.S. Website -- Ken reported Cinderella registration continues with 875 women signed up. Current 2017 Valley Spokesmen membership is 530. Ken will send out two emails: a membership reminder and a reminder to past participants of Cinderella.
- C. Master Plans -- Francie reported that Dougherty is still being worked on with an anticipated opening date for bike lanes sometime in the middle of summer. In addition, San Ramon Valley Road. will have 10 Infrared signals with bike sensors installed between Alcosta and Dublin Blvd.
- D. Correspondence – Bonnie continues to receive thank-you notes for Cinderella donations and has filed the permits for Cinderella and the Swap Meet.

#### NEW BUSINESS

- A. Mountain Challenge 2017 – Steve and Jane are putting together a safety plan to identify risks and mitigation measures. Steve discussed a potential need for 40 Course Marshals. The next meeting with the State Parks will take place on February 17, 2017.
- B. Cinderella Status Update – All permits have been filed. Fortunately, we may use Independence Park, lower level, for the first rest stop. Bonnie and Don had provided last year's budget to Steve, but noted that it didn't include the additional expenses for food services at the Fairgrounds.

- C. Swap Meet Status Update – Bonnie reported the permit is done and approved.
- D. Paso Robles Update - Reservations have been made for Wednesday and Thursday. Ken will update the web site to read the estimated cost is \$250, with a deposit check made payable to V.S. to secure their spot.
- E. Gail has posted the event to the calendar.
- F. New England Trip Update – Bonnie reported that 30 people have sent in their deposits. There is a wait list.
- G. Mid-Winter Party – Kathy provided an update on budget and surveys. There was a discussion on the caterer. Kathy will send out a thank-you note to participants.
- H. Annual BBQ Update – discussion was tabled because the event occurs in August.
- I. Pearl Izumi Discount – Kathy will resume discussions with Pearl Izumi Factory Outlet in Vacaville to obtain a discount for Valley Spokesmen members.
- J. Ride with GPS tutorial – Kathy made a motion to host the training module at Inking's Coffee & Tea Shop in Pleasanton. The motion was seconded by Bonnie and approved by all. Kathy will host the training module in late March 2017.
- K. Ride Report – Gail suggested the safety tips for Feather Pedals be included in the Newsletter. L/M rides are being posted on the Ride Calendar, complete and ready to go, but listed as "Host Needed". We are in need of Hosts to step up and lead these rides for them to continue. (They are generally posted a week or two before the ride date.)
- L. Webmaster – Rebecca talked about the need of assistance on the webpage.

#### Good of the Order

Bob and Jane will be providing the entertainment for the membership quarterly meeting.

Meeting adjourned at 8:15 p.m. by Steve Whelan to the General Membership Meeting on March 1, 2017 at Round Table Pizza, 7841 Amador Valley Blvd., Dublin, CA.

Respectfully submitted, Kathy Koos, Recording Secretary  
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#### Valley Spokesmen Bicycle Club Correspondence

##### February Correspondence sent:

1. Check to Anna-Elodie Kerlo-Miller to Mid-winter refund.
2. Check to Minuteman Press for printing of February newsletter.
3. Check to Cycle California! Magazine for Cinderella advertisement.
4. Check to Clay Dunning for Mid-winter party gratuity for caterers.
5. Check to Bob Powers for Mid-winter party gratuity for caterers.
6. Check to Laurie van Raalte for Mid-winter party awards.
7. Check to Karen Klimkosky Lee for Mid-winter party refund.
8. Check to Julie Hampton for newsletter postage.
9. Check to San Ramon Valley Unified School District for use of Greenbrook School on Cinderella day.
10. Check to Livermore Valley Joint Unified School District for use of Christensen School on Cinderella day.
11. Check to Business Card (B of A) for January and February charge account.,
12. Check to City of Dublin for Cinderella parade permit.

- 13. Check to National Parks Conservation Association for annual membership.
- 14. Check to The Nature Conservancy for annual membership.
- 15. Check to Rails-to-Trails for annual membership.

Total miles ridden by club members so far this year is 14,742, even with all the RAIN and cancelled rides!

**A big thank you to all our bike hosts and a special THANK YOU to Meredith Nielsen for her work with the Feather Pedals Group!**

**Correspondence received:**

- 1. Confirmations for use of Independence Park (lower level), Christensen School and Greenbrook School on Cinderella day.
- 2. Ride sign-up sheets
- 3. Advertisements for upcoming events and touring companies.
- 4. January copy of Sunset magazine.
- 5. Newsletters and magazines from various clubs, organizations and businesses.

❧ ❧ ❧ **VALLEY SPOKESMEN CLUB GEAR** ❧ ❧ ❧

**Contact Jim Duncan for club gear:  
hey-you@comcast.net or 925-209-1369**

- The following Valley Spokesmen clothing is available:
- short sleeve jersey - club cut - ..... \$65.00
  - short sleeve jersey - women's cut - .....\$65.00
  - long sleeve jersey - *(to be discontinued)* .....\$70.00
  - sleeveless wind shell vest - ..... \$60.00
  - long sleeve jacket - *(to be discontinued)*.....\$69.99
  - shorts - women / men - .....\$58.00
  - bib shorts - *(to be discontinued)*.....\$65.00
  - arm warmers .....\$30.00
  - gloves - yellow, blue, black - *(changing to blue & black only)* - .....\$27.00
  - socks - white, yellow, black - *(changing to blue & black only)* - .....\$7.00



| <b>Newsletter mileage Query<br/>As of 2/15/2017</b> |                       |                  |                    |
|-----------------------------------------------------|-----------------------|------------------|--------------------|
| <b>Name</b>                                         | <b>Total of Miles</b> | <b>Rides Led</b> | <b>Total Rides</b> |
| Blanco, Gail                                        | 241                   | 6                | 6                  |
| Cushman, Francie                                    | 243                   | 1                | 8                  |
| Hernandez, Ken                                      | 220                   | 0                | 6                  |
| Kaiser, Karen                                       | 201                   | 0                | 6                  |
| Lanzas, Alberto                                     | 213                   | 3                | 5                  |
| Mertz, Jacqueline                                   | 218                   | 0                | 7                  |
| Nasstrom, John                                      | 229                   | 0                | 5                  |
| Satoutah, Brahim                                    | 251                   | 1                | 5                  |
| Van De Vreugde, Jim                                 | 205                   | 0                | 5                  |
| Whelan, Steve                                       | 396                   | 1                | 11                 |

These totals represent miles ridden by club members who have covered more than 200 miles on club rides during 2017.

DON'T FORGET – Ride Hosts of club rides earn points towards FREE club clothing plus other benefits. The more rides you lead, the more clothing you receive.



VALLEY SPOKESMEN  
Bicycle Touring Club  
Post Office Box 2630  
Dublin, California 94568

**2017 CLUB OFFICERS**

President: Steve Whelan 925-964-7209  
Vice-President: Rob Delfosse 925-522-6270  
Treasurer: Don Carpenter 510-406-3205  
Secretary: Kathy Koos 925-963-8506

Admin Services Director: Bonnie Powers 925-828-5299  
Cycling Director: Gail Blanco 925-872-1001  
Events Director: Jim Duncan 925-209-1369  
Communications Director: Rebecca Wood 925-577-3842  
Past President: Marcus vanRaalte 925-437-3253

**Non Elected Positions:**

Bike East Bay Rep: Adele Madelo 510-773-0693  
Webmasters: Ken Hernandez 510-329-9481  
Steve Whelan 925-831-8258

**Community Liaisons:**

Alamo Ralph Speck 925-837-2932  
Castro Valley Maureen Boyle 510-582-2704  
Concord: Jean Watts 925-676-6164  
Danville Al Kallin alkalin@yahoo  
Dublin Francie Cushman 925-719-2256  
Hayward James Paulos 510-886-7470  
Lafayette Open  
Livermore: Richard Fryar 925-872-4466  
Oakland Adele Madelo 510-773-0693  
Pleasanton: Kathleen Koos 925-963-8506  
Pleasant Hill: Joan Spiegel 925-705-7183  
San Ramon: Peter Rathmann 925-828-1973  
Walnut Creek: Peter Culshaw 925-932-0790

**VALLEY SPOKESMEN**

<http://www.valleyspokemen.org>

**2017 current club members may subscribe to the VS mailing list by following the directions at:**

<http://www.valleyspokemen.org/Sys/vs-list>

We appreciate receiving articles and photos to be printed in the newsletter. We will give articles of a timely nature priority.

You are encouraged to reprint with credit any articles in this newsletter.